Brown Rice for 6

Makes: 6 servings

Prep Time: 30 mins

Cook Time: 50 minutes

Ingredients:

- **8 cups** water
- **1 tbsp** sea salt (optional)
- **4 cups** long grain brown rice

Equipment:

- **6 L** pot with tight fitting lid

Bring water to a boil in a 4 L pot with a tight-fitting lid. Add rice and bring to a rapid second boil. If using salt, add it to the water. Stir once, cover, and reduce heat to very low. Let simmer for exactly forty minutes. Do not uncover or stir until done so it will be fluffy!
You can add one cup of water if cooking at high altitudes and turn the heat off after 20-30 minutes.

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